



The best activities guide around!

FEBRUARY 2004



Super Bowl Party – 2nd

Open Bench Press Competition (Big Kahuna III) – 7th

Valentine's Day Gourmet Dinner at CZCC – 14th

Naeba Overnight Ski Trip – 15th & 16th



The U.S. Army Garrison, Japan (USAG-J), Services Division, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

ZAMA Community BUGLE

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THIS MONTH'S COVER

For those of you incurable romantics, the perfect gift for the love of your life is nearby at the Camp Zama Arts and Crafts Shop. As shown on the cover of this month's Bugle, they have the right items to express your affection. There is a variety of printed helium filled Valentine balloons with ribbons to which you can attach chocolates (our PX has a nice assortment), and coffee mugs to imprint a color photo of you and yours with appropriate sentiments (see page 23 for more details). Our cover shows Hobby Craft Instructor, Kei Niimoto, at the helium machine with one of the balloons. He advises to order well in advance for the best service.

Photo by Richard Haun, and technical enhancement by Hideko McKeta.



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TEEN CENTER	MS. CAMPBELL	263-4500
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CALENDAR OF EVENTS



FEBRUARY 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <ul style="list-style-type: none"> Yokosuka Shopping Tour Ramen Museum and Chinatown Tour 	2 <ul style="list-style-type: none"> Super Bowl Party CZCC Baseball/Softball/T-Ball Registration YS Sports 	3	4 <ul style="list-style-type: none"> Mongolian BBQ CZCC Blended Families Workshop ACS 	5 <ul style="list-style-type: none"> Homebuyer's Workshop ACS 	6 <ul style="list-style-type: none"> Great American Pizza Day YS Comedy Show (Farley Family Reunion) Sagami Lounge 	7 <ul style="list-style-type: none"> Ishiuchi-Maruyama Ski Resort Tour Bench Press Competition Yano Fitness Center Comedy Show (Farley Family Reunion) CZCC
8 <ul style="list-style-type: none"> Tableware Festival Tour Sumo Tournament Tour 	9	10 <ul style="list-style-type: none"> Newcomer's Orientation CCC Single Parent Support Group ACS 	11 <ul style="list-style-type: none"> Medical Morning and Community Tour ACS Mongolian BBQ CZCC 	12 <ul style="list-style-type: none"> Train Class Part I ACS Community Action Council Meeting ACS Couples communication Workshop ACS 	13 <ul style="list-style-type: none"> Shopping on the Economy ACS 	14 <ul style="list-style-type: none"> Middle School Winter Ball YS Valentine's Day Gourmet Dinner CZCC Valentine's Day 5K Fun Run Sports
15	16 <ul style="list-style-type: none"> Tokyo Disneyland/DisneySea Tour 	17 <ul style="list-style-type: none"> Resume Writing ACS National Prayer Breakfast CZCC AFTB Level II Training ACS 	18 <ul style="list-style-type: none"> Child Health Safety Fair Meeting ACS Mongolian BBQ CZCC 	19 <ul style="list-style-type: none"> Effective Toilet Training ACS Nichibei Friendship Golf Tournament CZGC 	20 <ul style="list-style-type: none"> 6th Grade Happening YS Newlywed Game CZCC 	21 <ul style="list-style-type: none"> Ski Trip to Echo Valley YS Sweetheart Banquet Chapel Invitational Basketball Tournament Sports
22 <ul style="list-style-type: none"> International Orchid Exposition Tour New Sanno Brunch and Ginza Tour Invitational Basketball Tournament Sports 	23	24 <ul style="list-style-type: none"> Black History Month and Mardi Gras Cookout YS Baby Love Seminar SHA CDC 	25 <ul style="list-style-type: none"> Community Information Exchange Meeting ACS Mongolian BBQ CZCC Ash Wednesday Service Zama (Catholic), SHA (Lutheran) Chapel 	26 <ul style="list-style-type: none"> Space Available Briefing ACS 	27 <ul style="list-style-type: none"> Payday Scramble CZGC Stations of the Cross followed by Soup Supper Zama Chapel Single Soldier's Retreat Chapel 	28 <ul style="list-style-type: none"> Karuizawa Ski Resort Tour Plum Blossom Festival Walk Tour
29 <ul style="list-style-type: none"> Tokyo Tour Japan Ice Hockey League Game Tour Single Soldier's Retreat Chapel 	<p>UPCOMING EVENTS:</p> <ul style="list-style-type: none"> Adult "Learn to Golf" - Starts 3 March Beginners Raquetball Tournament - 6th Family Night at CZCC - 10th Newcomer's Orientation - 16th St. Patrick's Day Celebration - 17th Run-Bike-Run Event (Depot) - 21st 					



CAMP ZAMA COMMUNITY CLUB

SUPER!

BOWI

Party

CAMP ZAMA COMMUNITY CLUB BALLROOM

MONDAY, 2 FEBRUARY 2004, 7 AM

WIN GREAT DOOR PRIZES!

- Outback Steakhouse & T.G.I. Friday's Food Coupons
- Sony Digital Camera courtesy of DyDo
- (2) United Airlines Roundtrip Tickets to the USA
- 17 door prizes to be given away
- For the first 150 people, a quality Coors Brewing Co. T-Shirt
- "FREE" Buffet Breakfast & Mid Morning Snacks
- Call 263-4547 or 263-5995

T

he Camp Zama Youth Center is open for 6 - 12th graders from 2:30 - 8 pm week nights, and noon - 10 pm on Saturdays. Transportation provided from and to SHA nightly.

■ Child and Youth Services • 263-4743 (Map location 37)

YOUTH SPORTS.

• **Registrations**

Monday, 2 February, Youth Sports baseball/softball/T-ball registration starts at Building #533.

• **Team Photo Shoot**

Saturday, 7 and 14 February, Youth Sports basketball team photo shoot (times and teams to be announced).

• **Volunteer Coaches.**

Youth sports coaches are needed for youth girls volleyball and bas-

ketball. If interested, register at Central Registration, Building #533, or at the Youth Sports Office located in the Youth Center, Building #314. Coaching certifications are good for one year (even if you have coached before make sure your certification is current). For your current status, or more information on any youth sport, please contact the Youth Sports and Fitness Director, Stefan Thompson, at 263-5437, or the Youth Sports Fitness Coordinator, Mike Sherwood, at 263-3424.

Activities for the Month of February

If you're looking for fun and excitement call 263-4500 for more information:

- | | | |
|--------|-----------|---|
| 6 Feb | 3 - 6 pm | Great American Pizza Day. There will be pizza eating contests and pizza frisbee throwing (no sauce). Prizes will be awarded to all winners. |
| 14 Feb | 7 - 10 pm | Middle School Winter Ball. Transportation will be provided from Sagami Depot, SHA Commissary, and Atsugi Theater. |
| 16 Feb | | Ski Trip to Shirakaba, 2 in 1 cost \$35, sign up at Central Registration (for 6th thru 12th grade). |
| 20 Feb | 7 - 10 pm | 6th Grade Happening, cost \$2. Transportation will be provided from Sagami Depot, SHA Commissary, and Atsugi Theater. |
| 21 Feb | | Ski Trip to Echo Valley (Family Trip), cost \$35 per person. Sign up at Central Registration, Bldg. 533. |
| 24 Feb | 3 - 7 pm | Come out and enjoy Black History Month and Mardi Gras Cookout (Fat Tuesday) |

TEEN SCENE AT CLUB Z

• **Adult Volunteers Wanted** Share your time and skills.

Art teacher (Art Club)
Photography (Photo Club)
Outdoors Club

• **Come Join the Fun!**

DJ Club
Outdoor Club
Photo Club
Keystone Club
Torch Club
Pool Tournaments
4-H Program

Check with the Youth Center for dates and times.

Sagamihara Child Development Center
PART DAY PRESCHOOL PROGRAM



PDPS is offered for pre-school children 3 - 5 years. The program is designed to provide an opportunity for children to experience a group setting. The goal of the program includes socialization, language and intellectual development, and fine/gross motor development. Register now at Building 533, Camp Zama.



We have three and five day programs for ages three to five.
To register:
Your child must be potty trained.
Immunizations must be current.

For more information on the Part Day Preschool Program, please call Sagami-hara CDC at 267-4554
To register, stop by the Central Registration Office, Building 533, or call 263-4723.



Looking for a job that allows you to stay home?



Classes are beginning soon.
You may be eligible for monetary subsidies and free training and equipment for your business. Family Child Care may be the business you want if you want to gain experience in child development and are looking for a second career. This is a private business you may provide in your home. If interested, Contact: Elvira S. Buenavista, 263-3397/4743

FAMILY CHILD CARE (FCC)



King of the Hill,

Sunday, 1 February, 11 am.
Bowl against the best scratch bowlers in the Kanto Plain. Entry fee is \$40. Special Sunday Brunch is offered at the Zama Club for just \$10. This is a \$2.95 discount value. Sign up early; spaces fill up fast.

■ Zama Bowling Center • 263-4780 (Map location 6)

FAMILY TIME BOWLING

Family Time Bowling will be held on 4 and 18 February, 3:30 - 5:30 pm. This program continues to grow in popularity (free bowling and shoes). No lane reservations are taken at SOFA sponsored military, DAC, family members, and IHA/HPT/MLCs.

BEST PRICING IN BOWLING

Adult: \$1.75 a game
Kid: 75¢ a game
Shoes: \$95¢
League members: \$1.50 at all times
Active duty: \$1.50 (Mon - Fri, 11

am - 5 pm).

Saturday family bowling: \$1 for families, 11 am - 6 pm.

Green Suit Special: Active duty military can bowl for just \$1.50 (Monday - Friday, 11 am - 4 pm).

COSMIC BOWLING

Every Saturday night, 6 - 10 pm. The wallpaper glows, the pictures glow, the balls glow, the pins glow, what more do you need? Come out for this exciting fun night. This is also the meeting night for the Action Hero Bowling Club, and coming soon the Disney Bowling Club.

TOURNAMENT

• No Tap 3-6-9

Sunday, 15 February, bowling starts at 11:30 am. Even moderate bowlers look good in this tournament. Just \$15 with a nine pin no tap game and a 3-6-9 (guaranteed strikes in those frames) game, Discount food coupons available for early sign ups. Cash prizes to the top five scores.



<http://www.usarj.army.mil/information/mwr/business/golf/>

■ Camp Zama Golf Club • 263-4224 (Map location 21)

TOURNAMENTS

• Nichibei Friendship Golf Tournament

Thursday, 19 February, 9 am, shotgun start. Contact Ernie Harada at 263-4225 to sign up.

PAYDAY SCRAMBLE

Friday, 27 February, 11 am, shotgun start. \$15 entry fee plus green fees for nonmembers.

CUSTOM FITTING BY PING GOLF

The Camp Zama Golf Club has been selected by Ping Japan as the Custom Fitting Center for this area. Dale Jorgenson, Director of Golf, and Ernie Harada, Head Golf Professional, have been factory trained to help you find the best combination of lie, length, grip, shaft and model to fit your golf swing. CZGC has 30 different irons and 10 different woods

Learn To Golf Adult Classes -

Price includes - Six group lessons (five of the range and one on the golf course), plus four 9-hole rounds of golf (golf cart not included). Instruction will cover putting, chipping, full swing, rules and etiquette. This course is designed for beginner golfers.

- Instructor: Dale Jorgenson, Director of Golf
- Date: Wednesdays - February 25th, March 3rd, 10th, 17th, 24th & 31st
- Time: 1000 - 1230 hrs
- Class Size: Maximum 8 - Minimum 5 students
- Price: \$75
- Enroll: Sign up at the golf course pro shop.
- Next session starts April 14th.

Take The Mystery Out Of Golf



to accommodate almost any golfer. Cost for the fitting session is \$25 (waived if you purchase clubs). Call today and schedule your appointment at 263-4224 or 263-4225.

COMPUTER SWING ANALYSIS

The Zama Golf Club announces

Computer Swing Analysis using "Total Vision"! Spend an hour with the pros for a detailed analysis of your golf swing using the latest computer technology. Cost is \$50 and includes a take home video tape. Call 263-4224 for an appointment.

E-BOOKS.

(The electronic version of the printed book). Read, browse or check it out. Over 2,000 titles are available on subject areas such as military, business, computer science, psychology, and religion. Everyone is eligible. Use at the library or at home. Stop by the Zama, SHA or Depot Library to apply for a personal E-book account today. We require 24 hours to set up an account.



DIAL *A* STORY
263-5810

By simply dialing 263-5810, your child can enter the world of fairy tales. A different 3 - 5 minute story is featured each week.

Stories will change the first of each month at 9 am.

For more information, call 263-3517



Girl Scouts
Where Girls Grow Strong

Girls ages 5 - 17 come check out Girl Scouts. The possibilities are endless! Call Cindy Streeton at 267-6090 to sign up today.
zama_girlscouts@yahoo.com

UPCOMING EVENTS

- Thinking Day Celebration with Sister Japanese Troops - 21 February
- Daisy Troop 57 - February Zama Library Tour
- Junior Troop 67 - February Ice Skating Trip
- Cadette / Senior Troop 27 - February Ski Trip

Community Libraries • 263-3517 (Map location 17)

ON-LINE RESEARCH TOOL

Try our on-line research tools First Search, OCLC, and Facts on File to search for the information you need. Stop by the library and discover a world of information at your fingertips.

LIFETIME SPORTS AND RECREATION PROGRAM

(See page 12 on more details).

STORY HOUR

Story Hour is every Thursday, 10 am, at the Sagamihara Library.

Interested in being a volunteer storyteller? Please call 263-5267.

NEW MCNAUGHTON BOOKS

- Hello, Darkness by Brown, Sandra
- Blow Fly by Cornwell, Patricia Daniels
- Lies by Franken, Al
- The Known World by Jones, Edward P.
- Wolves of the Calla by King Stephen
- Blacklist by Paretsky, Sara
- Stone Cold by Parker, Robert B

NEW VIDEOS

Austin Powers: The Spy
Who Shagged Me Comedy
Bean the Movie Comedy
Bea's Own Good Children
Beyond Phonics Tape 1 - 4 Educational
Billy Eliot Drama
Blues Brothers 2000 Comedy

Bridget Jones's Diary Comedy
Brother Japan
Buena Vista Social Club Music Video
Chocolat Comedy
Dancer in the Dark Drama
The General's Daughter Thriller
Gift of the Whales Children
Gladiator Adventure
Hana's Year Children
Hannibal Suspense
How a Car is Built Children
How a Tugboat Works Children
Inner Space Comedy
Lethal Weapon, 2 & 3 Action
MADMAX Adventure
Meet the Parents Comedy
Men in Black Comedy
Ready for Phonics Tape 1- 4 Educational
Shanghai Noon Comedy
Spirit of the Eagle Children
Stuart Little Children
Terminator 2: Judgment Day SCI-FI
Winter Wolf Children

NEW DVDS

Ali Drama
Charlotte's Web Children
"Crouching Tiger, Hidden Dragon" Action
Hans Christian Andersen:
My Life as a Fairytale Family
Harry Potter and The Chamber of Secrets Family
Left Behind Drama
Peter Pan Children
RINGU Japan
Rush Hour & 2 Comedy
Spy Kids Family
Stand by Me Drama
The Four Feathers Drama
The Hunchback of Notre Dame Children
The Hunted Thriller
The Prince of Egypt Children
The Sixth Sense Thriller
Traffic Drama

CHECK OUT OUR WEB SITE

http: www.usarj.army.mil information/zama/mwr/library/index.htm

■ Chapel Activities • 263-4898 (Map location 8)

CATHOLIC SERVICES

Mondays - Thursdays, noon - 12:15, daily mass, Blessed Sacrament Chapel

Sundays, 9:15 am, mass, Zama Chapel

Sunday, 11 am, CCD, Religious Education Center

1st Sunday, 5 pm, Parish Potluck, Religious Education Center

2nd Monday, 6 pm - 7:30 pm, Catholic Women of the Chapel, Fellowship Room

2nd Friday, 7 pm, Our Lady's Rosary Makers, Religious Education Center

PROTESTANT SERVICES

Sundays, 9:30 am, Sunday School, Religious Education Center (Bldg. 278)

Sundays, 11 am, Worship Service, Zama Chapel

Sundays, 5:30 pm, Youth Group

A nursery is provided for children up to three years old at the Zama CDS, Bldg 502, during the time of Sunday services only.

SAGAMIHARA INSPIRATIONAL SERVICES

Sundays, 9 am, Sunday School, Sagamihara Chapel

Sundays, 10:30 am, Worship Ser-

vice, Sagamihara Chapel

Wednesdays, 7 pm, Bible Study, Sagamihara Chapel

LUTHERAN SERVICES

Sundays, 9 am, Worship Service, SHA Chapel

DEPOT SERVICES (PROTESTANT)

1st and 3rd Sundays, 10 am, Worship Service, Sagami Depot Chapel

SEVENTH DAY ADVENTIST SERVICES

Saturday, 9:15 am, Sabbath Worship Service, Zama Chapel

Wednesday, 6:30 pm, Prayer Meeting Service

Friday, 6:30 pm, Vespers Service, contact Mr. Gilman at 263-9004 (W) or 046-293-0156 (H)

JEWISH SERVICES

2nd and 4th Friday, 5:30 pm, Yokosuka Naval Base Chapel. Call 243-9511 (LCDR Gersh) for details.

ON GOING BIBLE STUDIES

Sundays 2 pm, Experience Old Testament - VCR-TV, Religious Education Center, Ben Salinero, 263-3345

Tuesdays, 9:30 am, "Breaking Free" by Beth Moore, Zama chapel,

Carlota Ohura, 0426-74-5605) or Debra Powers (263-7994)

Tuesdays, 7 pm, 634 SHA, LTC Montgomery, 267-6178

Wednesdays, 7 pm, Bible Study, SHA Chapel, CH Caldwell, 268-4242

Tuesdays, 9 am, PWOC Bible Study, Zama Chapel, Kim Twigg, 267-6151

Thursdays, 6 pm, Bible Study, Zama Chapel, Kim Twigg, 267-6151

CHAPEL ACTIVITIES IN FEBRUARY 2004

February 17, 7 am, National Prayer Breakfast, Camp Zama Community Club

February 21, Sweetheart Banquet

February 25, 6 pm, Ash Wednesday Service (Catholic), Zama Chapel

February 25, 6:30 pm, Ash Wednesday Lutheran Service, SHA Chapel

February 27, 6 pm, Stations of the Cross followed by Soup Supper, Zama Chapel

February 27 - 29, Single Soldiers' Retreat, The New Sanno

The Zama Chapel community has many other programs for you and your family (bible studies, youth groups, men's groups, women's groups, and music programs). If you desire more information, please call the chapel at 263-4898.

■ Academic Training Division • 263-5633/3992 (Map location 17)

COLLEGE REGISTRATION

For Term IV will be conducted 15 - 26 March, for the University of Maryland University College and Central Texas College. Military personnel (early registration) will be conducted 8 - 12 March.

Education Center (for TA):

263-3015

University of Maryland:

263-5379

Central Texas College:

263-5228

THE ARMY EMERGENCY RELIEF (AER) SPOUSE TUITION ASSISTANCE

deadline for Term IV (29 March - 22

May) is 1 March.

Apply online at www.aerhq.org

JAPANESE HEADSTART

This free course is mandatory for all military personnel assigned to Camp Zama. Learn about Japanese customs, culture, and language. Adult family members and DACs are encouraged to attend. To enroll, please telephone 263-5311/3015.

Course period:

2 - 6 February

23 - 27 February

Time:

8 am - 4:30 pm

(Lunch: noon - 12:45 pm)

FREE JOB SKILLS

DEVELOPMENT CLASSES

Hurry and sign up before seats fill up for the Microsoft Office classes listed below. Adult family members and Army civilians have priority, but other adults are eligible to take the classes on a space available basis.

The following classes will be offered in February:

3 - 4 February

Beginning PowerPoint

1 - 11 February

Beginning Excel

(Tuesday and Wednesday, 8:30 am - 4:30 pm)

Homebuyer's Workshop. Are relocating to the U.S soon? Are you considering purchasing a home? Brenda Cornelison, a knowledgeable, licensed realtor will cover the basics of shopping for a home. If you're a potential first time buyer or a current homeowner, this workshop can be extremely beneficial in preparing you to either buy or sell a home. The workshop will be conducted on 5 February from 6 pm - 9 pm in the ACS Community Room. For registration, call 263-8327, or for additional information contact Ms. Crowell at 263-8089.

■ Army Community Service • 263-8327 (Map location 2)

RELOCATION READINESS / MOBILIZATION AND DEPLOY- MENT PROGRAMS, 263-8089

• *Medical Morning and Community Tour*

Healthcare professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory in order to receive over the counter medications, is also given during this briefing. The briefing will be held on 11 February in the ACS Community Room, 8 - 11 am. The orientation is mandatory for military and civilian personnel. Adult family members may also attend. IN/OUT Processing (263-4122) will schedule attendees for this program. A community bus tour will be conducted immediately following the briefing. All spouses new to the area are encouraged to attend. Lunch will be provided. The tour is scheduled from 11 am - 2:30 pm. Please call ACS at 263-8327 to register (tour only).

• *Newcomer's Train Class Parts I & II*

Train Class Part I will be held on Thursday, 12 February, 6 - 8 pm, in the ACS Community Room, Building 402. Get out and see Japan! This

class will teach you how to read the signs in the stations, buy train tickets, and more.

Train Class Part II will be conducted on Saturday, 14 February, 9 am Join us as we practice how to travel by train and subway. Our class will travel to Tokyo, stop for lunch at the New Sanno Hotel and shop in Shinjuku. Children and family members are welcome; bring about ¥1,300 per person for transportation expenses. All attendees should meet at Gate 4.

• *Shopping on the Economy*

Community members wishing to attend the "Shopping on the Economy" class should mark their calendars for Friday, 13 February. This class will depart Gate 4 at 9:45 am and will return approximately at noon. There are many great bargains right outside the gate. Let our Japanese experts show you how to shop at the department stores, where to find the best fruits and vegetables, and more. Call 263-8327 to sign-up. Bring ¥400 for transportation and some for extra purchases. Children are welcome, but free childcare is also available provided you call CDS one week in advance at 263-4743.

• *Knitting Class* will meet every Tuesday of the month from 9:30 - 11:30 am in the ACS Outreach Room. Learning to knit or crochet can be great fun. Let our Japanese volunteer show you how. For more information, contact the Relocation Office at 263-8089.

• *Space Available Briefing*

Free Flights! Military and qualifying civilian personnel and their family members can fly free to exciting places such as Hawaii, Guam, Alaska, Singapore and more. The Atsugi personnel will provide information on taking Space "A" flights. Everyone is welcome to attend. Held at the ACS Community Room, 26 February, 11:30 am - 1 pm, Bldg 402. For more information, call 263-8089.

• *Japanese Language Class*

Would you like to learn to speak Japanese? A basic conversational Japanese language class is now be-

Command Right Start Program **Installation Newcomer's Orientation**

All newcomers are invited to attend the Newcomer's Orientation on Tuesday, 10 February, 8:30 am - 3:30 pm, at the Community Cultural Center, Building 267. The program will begin with a welcome by the Commanding General and the Garrison Commander. Several presenters will provide an overview of the policies, programs, and services at Camp Zama. An information fair will be conducted during this time which will offer participants an opportunity to meet community representatives and managers from MWR, DoDDs, AAFES, Commissary and Private Organizations and others. The orientation also includes a bus tour and a "Taste of Japan" luncheon. This program is mandatory for military and civilian personnel. Adult family members are encouraged to attend. Free childcare is available by calling CDS in advance, 263-4743.

Thanks to our sponsr, KDDI, for supporting the ACS Newcomer's Orientation

• FOR INTERNATIONAL CALLS:

99 + 001 + Country Code + Area Code + Phone No.

• FOR DOMESTIC CALLS:

99 + 001 + Area + Phone



Sponsorship does not imply endorsement by the U.S. Government

ing offered at ACS! This free class will be held every Wednesday, 10 am - noon, in the ACS Outreach Room, Bldg 402. For more information, call 263-8089, or to sign up for the class call 263-8327.

FINANCIAL AND EMPLOYMENT READINESS 263-8091

• Resume Writing

Writing an effective resume often is one of the most difficult aspects of job hunting. This class will cover the basics of effective resume preparation and how to utilize the RESUMIX system. This training will be held on Tuesday, 17 February 9 - 11 am in the ACS Outreach Room.

To register or for more information contact the ACS Financial and Employment Manager at 263-8091 or e-mail malissa.welch@zama.army.mil

AFTB AND AFAP / MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-4783

The Army Family Team Building Program is designed to provide information, knowledge, and skills needed to gain better access to the community support programs provided to assist families throughout a soldier's career. Family preparedness and self-reliance is important to readiness because it provides peace of mind to deployed soldiers. The premise of the AFTB program is "volunteer family member" assisting other "family members." Mobilization and Deployment Readiness Program provides support to Commanders of Active and Reserve Component Forces and emergency essential civilians during predeployment, homecoming, mobilization, deployment, stability and support operations. Providing assistance to Family Readiness Groups, conducting personnel trainings, operating a Family Assistance Center and a wide range of other services are among the services offered and available to the community.

The Army Family Team Building

Program will be conducting a community Level II Training on 17 - 20 February, 8:45 am - 3:15 pm, at the ACS Community Room. Register for this training by calling ACS at 263-8327 by 11 February. Free daycare is provided by calling the Zama CDC to reserve your "AFTB Training" slot. If you have any questions or concerns, please feel free to contact the Family Programs Manager at 263-4783.

COMMUNITY LIFE OFFICE 263-5550

• Volunteer Information

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then enter the exciting world of volunteerism. Today's volunteers are touching other people's lives by solving problems, while exploring new chances for personal growth.

• Community Action Council (CAC)

The Community Action Council is a forum designed to bring together a cross-section of the community to pool their thoughts, energies, and talents in identifying and resolving issues of concern to Soldiers, civilians and their families. All community members are encouraged to attend. The next CAC will be held on 12 February at the CZCC (left wing) from 3 - 4:30 pm.

• Community Information Exchange (CIE)

The Community Information Exchange Meeting is held monthly and it enables community leaders, command spouses, GRG representatives, unit representatives, organization leaders and any military or civilian who would like to attend to come to-

gether to share information. The next CIE will be held on 25 February at 9 am in the ACS Community Room.

FAMILY ADVOCACY PROGRAM 263-8057

The Family Advocacy Program provides services that are designed to prevent spouse and child abuse by improving family functioning, easing the kinds of stress that can aggravate or trigger patterns of abusive behavior, and create a community that is supportive of families. The prevention of family violence is a community responsibility, which includes awareness, education, and intervention in high-risk situations. If you, your unit, or organization would like to schedule a class, workshop or seminar on topics such as spouse and child abuse prevention, reporting and referral procedures, safety education, family life enhancement etc., contact the Army Community Service Family Advocacy Program at 263-4782.

The Reporting Point of Contact (RPOC) for suspected child or spouse abuse is the Military Police at 263-3002. If you have questions regarding child or spouse abuse call Ms. Zamora-Cruz, FAP Manager at 263-4782.

NEW PARENT SUPPORT PROGRAM (NPSP), 263-3638

The NPSP is now offering Home Visitation to new and expecting parents. Play Morning is at the SHA CDC from 9:30 - 11:30 am held on 3, 10, 17 and 24 February.

Baby Love Seminar will be on 24 February, 9:30 - 11:30 am, at the SHA CDC

FAP will be offering the following classes in February.

- **04 Feb** - Blended Families Workshop, 2 - 4 pm, ACS
- **10 Feb** - Single Parent Support Group, 1:30 - 3 pm, ACS
- **12 Feb** - The Odd Couple: Couple Communication, 11:30 am - 1 pm, ACS
- **18 Feb** - Child Health Safety Fair Meeting, 9 - 10 am, ACS
- **19 Feb** - Effective Toilet Training, 9:30 - 11 am, ACS
- **20 Feb** - The Newlywed Game, 6 - 8 pm, Camp Zama Community Club

T

uesday "Dinner Special". Every Tuesday night there is a \$2 discount off the regular menu except for appetizers, children's menu, and dessert (only on Tuesday).

The club will be closed on 16 February (President's Day).

■ Camp Zama Community Club

(Map location 12)

• 263-4133

■ MONGOLIAN BBQ

EVERY Wednesday in the ballroom, 5 - 9 pm with modified menu. Reservations are welcome. USA Dining Room and Eda's Seafood and Filet will be closed.

■ EDA'S SEAFOOD AND FILLET

Check out Eda's new menu. A touch of elegance, featuring quality meals and service. Dinners for as little as \$18.95! Something for everyone! Reservations are encouraged. Dress code is business casual; no tie or jacket required. Open Thursday and Sunday from 5 - 9 pm; Friday and Saturday from 5 - 10 pm.

■ USA BUFFET

Enjoy soup, salad, starches, vegetables, three entrees and dessert. For adults, \$9.95; ages 4 - 12, \$4.95; free for ages three and below. This is a family style all-u-can eat buffet. **Friday Night Only** from 5 - 10 pm.

■ BINGO NIGHT

On Thursday, cards go on sale at 6 pm, and the game starts at 7 pm. On Sunday, cards go on sale at 5 pm, and the game starts 6 pm. Join the winner's circle with many others who have won our money giveaway. Maybe you will be one of the lucky ones to win our large cash pay out. But, you will never know unless you come out and try your luck at our bingo game. Don't worry about dinner; you can eat while you play.

• Firelite Lounge

Wed	
Karaoke	7 - 9 pm
Thursday	
Ladies Night	7 - 11 pm
Friday	
Variety	7 - 11 pm
Hip Hop	10 pm - 3:30 am
Sat Country	10 pm - 2:30 am
Sun Jazz	5 - 11 pm

Camp Zama Community Club

International Themed Brunches

Sunday between 10 am - 1:30 pm you can "dine in another country" with our themed brunches. Themes include Mexican, Mediterranean, Chinese, Japanese, German, etc. Delicious food accompanied by beautiful music to go with the theme of the day.

Adults: \$12.95
Youth: 8 - 12: \$4.95 • 4 - 7: \$2.50 • 3 & under: FREE

... For more information, call 263-4133 ...

Valentine's Day Gourmet Dinner

Saturday, 14 February in the Community Club, 5 pm

- Advance tickets are available: single \$35, couple \$65
- Cutoff date is 12 February (after the cutoff date the cost will be an extra \$3)
- Tickets are available at the cashier's window

MENU:
Appetizer, rolled smoked salmon; Soup, consomme; Salad, sliced smoked duck on ceaser salad; Entree, choice of tournades of beef tenderloin or crab stuffed mushroom cup on seabass with white and green asparagus; Dessert, cassis mousse cake with chocolate

For more information, phone 263-4133

LUNCH

Sunday Brunch

Monday - Closed

Tuesday

- 3 Teriyaki Spare Ribs
 - Spanish Garlic Chicken
- 10 Hawaiian Chicken
 - Shepherd's Pie
- 17 Chicken Con Fit
 - Bulkogi
- 24 Beef Croquettes
 - Marbou Tofu

Wednesday

- 4 Sauteed Pork Chop
 - w/Sauce Verde
 - Mexican Platter
- 11 Greek Moussaka
 - Oyako Donburi
- 18 Pork Ginger
 - Chicken Cacciatore
- 25 Chicken Creole
 - Beef Broccoli

Thursday

- 5 Karaage Chicken
 - w/Daikon Oroshi Sauce
 - Beef Bourguignone
- 12 Chicken Fried Steak w/Gravy
 - Tonpourou
- 19 Italian Sausage & Peppers
 - Katsu Curry
- 26 Italian Hamburger Steak
 - Fried Fish Amazu Ankake

Friday - Smorgasbord

- 6 • Sweet Sour Pork
 - Kushikatsu
 - Shumai, Fried Rice
- 13 • Chinese Chili Chicken
 - Baked Meat Loaf
 - Mashed Potatoes w/Gravy
- 20 • Brittos, Beef Taco
 - Chicken Fajita
 - Mexican Rice
- 27 • Fried Chicken w/Sauce
 - Baked Fish Fillet

OTHER EVENINGS IN THE USA BUFFET DINING ROOM

- Chef's Special on Tuesday, Thursday and Friday evenings plus regular menu.
- Prime Rib and Seafood Combo on Saturday.
- 2 for 1 Steak Night every Sunday (good for "steak of the night" only)
- Our regular menu will be offered in addition to the above specials on Saturday night and modified menu on Sunday nights!

DINNER MENU

Sunday

- 2 for 1 Steak Night
- Limited Menu
- Fine Dining

Monday - Closed

Tuesday

- Regular Menu
- Pasta Item Menu
- w/NY Cheese Cake

Wednesday

- Mongolian BBQ
- Limited Menu

Thursday

- Regular Menu
- Chinese Item
- w/Shumai or Mini Egg Rolls

DINNER MENU

12 Right Arm Night

Friday

- Limited Menu
- Fine Dining
- 8oz New York Steak & 4oz Lobster Tail (\$19.95)

Saturday-

- Regular Menu
- Prime Rib Dinner (\$12.95)
- 6oz Prime Rib and Shrimp Scampi (\$12.95)
- 6oz Prime Rib and Stuffed Salmon (\$14.95)

14 Valentine's Day Gourmet Dinner at EDAs

- Limited Menu Only



Two Shows:

Sagami Lounge
8 pm, Friday, 6 February
and
Camp Zama Community Club
7 pm, Saturday, 7 February

* Open to All
Free of Charge

* For more information, please
contact the CCC at 263-3939.

CAMP ZAMA COMMUNITY CLUB

USAR-J

**In the
Firelite**

Community Night

Thursday, 12 February
5 pm to 8 pm

Advance Tickets: \$3
At the Door: \$5

Tickets available at the cashier's window.

S

agami Lounge
will be closed on
16 February (President's
Day).

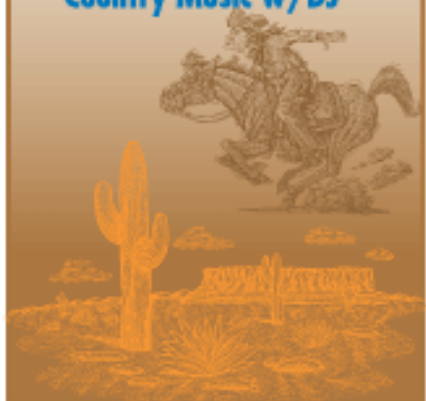


S a g a m i L o u n g e

December Activities



- Friday, 6 February, 8 pm
Farley Family Reunion Time
- Saturday, 7 February,
5 - 8 pm
Family Karaoke Night
- Friday, 13 February, 8 pm
Country Music w/DJ
- Friday, 20 February, 8 pm
70's and 80's Music w/DJ
- Friday, 27 February, 8 pm
Country Music w/DJ



■ Sagami Lounge • 268-4954/4847
(Map location 1) Orders: 268-4142

LUNCHES

SUNDAY

- 1 Sunday Special
- 15 Sunday Special

MONDAY

- 2 Teriyaki Chicken
- 9 Beef Steak w/Soy
Butter Sauce
- 16 Closed
- 23 Spicy and Hot Baked
Chicken

TUESDAY

- 3 Soft Taco
- 10 Sweet and Sour Pork
- 17 Chicken Cordon Bleu
- 24 Lasagna w/Garlic Bread

WEDNESDAY

- 4 Pork Cutlet Parmigiana
- 11 Lasagna w/Garlic Bread
- 18 Pork Chop Suey
- 25 Chicken Cashew

THURSDAY

- 5 Beef Stroganoff
- 12 Cheese Hamburger Steak
- 19 Chicken Pot Pie
- 26 Beef Stew

FRIDAY

- 6 Mixed Seafood Platter
- 13 Bean & Cheese Enchiladas
- 20 Mixed Seafood Platter
- 27 Baked Salmon

DINNER SPECIALS

TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$7.50)

- 3 Mexican Dinner Special
- 10 BBQ Dinner Special
- 17 Japanese Dinner Special
- 24 Pizza & Pasta Dinner Special

WEDNESDAY NIGHT

4, 11, 18, and 25 February,
draw your own discount

THURSDAY NIGHT (CHEF'S DINNER SPECIALS)

- 5 French Dinner:
Beef Cutlet Burger
- 12 Japanese Dinner:
Salmon Saute
w/Radish Sauce
- 19 French Dinner:
Beef Tenderloin
w/Wine Sauce
- 26 Spanish Dinner:
Roast Chicken

FRIDAY NIGHT

- 6 Steak and Shrimp
- 13 Prime Rib Dinner
- 20 Steak and Shrimp
- 27 2 for 1 Steak Night

SATURDAY NIGHT (MONGOLIAN BBQ)

7, 14, 21, and 28 February,
14 February \$1 discount, (Mongolian BBQ only)



■ Hob Nob Inn • 267-6372
(Map location 6)

HOB NOB NEWS

The Hob Nob Inn dining room in the Sagami-hara Housing Area is available for use for private parties, Monday through Saturday. Dates and times are available on a first-come, first-serve basis. Room deposits are required to hold the date. Please contact the Hob Nob Inn for your reservation at 267-6372.

MOVIE NIGHT

Every Wednesday, 4:30 - 11 pm.
New selected movies. Adults only.

KARAOKE NIGHT

Every Friday, 4:30 pm - 1 am. A great way to get together with your friends. Adults only.



Lifetime Sports & Recreation

Participate in any four of the following events/programs and receive a free Lifetime T-shirt. Participate in any four additional events/programs and receive a free Lifetime hat.

February Events

Sports Office (POC: Paul Stearns - 263-3954)

1. Big Kahuna III, Bench Press Competition, 7 February, 10 am - 3 pm, (POC Joe Kumzak 263-4042)
2. Fitness Classes throughout the month of February, (POC Joe Kumzak 263-4042)
3. Valentine's Day 5K Fun Run, 14 February, 8 am, Yano Fitness Center, (POC Andy Abear, 263-7980)
4. Learn-to-Swim Classes throughout the month of February, (POC Kimber Bailes, 263-5656)
5. Lifeguard Training Course, 21 February, 8:30 am - 5 pm, (POC Kimber Bailes, 263-5656)
6. Open Invitational Basketball Tournament, 21 February, 8:30 am - 5 pm, (POC Andy Abear, 263-7980)

Outdoor Recreation (POC Ms. Yukiko Takahashi - 263-3311)

1. Naeba Overnight Ski Trip, 15 - 16 February
2. Plum Blossom Festival Walk, 28 February

Library (POC: James Lacombe - 263-5267)

Read a Book (adult = 1 book / minimum of 300 pages;
child 6 - 14 = total of 14 easy or 300 pages of fiction or non fiction)

Arts & Crafts (POC Yoshio Nodera - 263-4412)

1. Ikebana Class, February 5, 12, 19, 26 at 2 pm, \$15 class fee and ¥1,000 for flowers
2. Japanese Dough Art Classes, February 6, 13, 20 and 27 at 2 pm, class fee \$10 and ¥500 for dough.

Community Cultural Center (POC Freddie Clark - 263-3939)

1. Piano Lessons, Mondays, Thursdays, Fridays, noon - 6 pm
2. Violin Lessons, Tuesdays, Thursdays, noon - 6 pm
3. Hula Lessons, Mondays, Thursdays, 5 - 8:45 pm
4. Jazz Dance Lessons: Wednesday, 4:30 (children 4 - 6), 6 pm (children 7 and older)
5. Ballet Lessons, Fridays, 4:30 - 8:45 pm
6. Gamers Gathering: play Warhammer 40,000, Necromunda, Warhammer Fantasy Battle, Mordheim Silent Death, Trinity Battleground, and others. Doors open at 9:30 am.

Auto Crafts (POC Frank Bordenave - 263-3615)

1. Ladies Day, 11 February, 1 - 9 pm
2. Charging System Basics, 11 February, 4 - 5:30 pm
3. Basics of Troubleshooting, 25 February, 4 - 5:30 pm

The MWR web page is: <http://www.mwrjapan.jp.pac.army.mil/>



T

he jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings the jacuzzi is closed for maintenance.



Lifeguard Training Course
 18 February - 8 March
 \$65

- The class schedule:
 Mondays, Wednesdays, Thursdays 1730 - 2130
 Saturdays, 21 February & 6 March 0830 - 1700
 All class days listed are inclusive
- Registration Deadline: 11 February, close of business
- Minimum age 15 years; pre-course requirements must be met on the first day of class.

Please contact Kimberly Bailes, Aquatics Director (263-5656), for details.
 Yano Fitness Center



Yano Fitness Center
5K
Valentine's Day FUN RUN

Starting Time: 8 am, Saturday, 14 February
 Registration: \$5. Please register at the Yano Fitness Center NLT 5 pm, 13 February.
 Packet Pick-up: 7-8 am, Saturday, 14 February at the Yano Fitness Center.
 Runner Awards: Top 2 Adult men & women and Youth per age category.
 Age Categories: Adult (men & women) 19-29, 30-39, 40-49 and 50 plus.
 Youth 9-12, 13-15, 16-18.

SPORTS

• **Camp Zama Invitational Basketball Tournament**

21-22 February

Eligibility: Men and Women Divisions. Open to all (18 years of age and older and not in high school). Awards: first and second place team awards and individual awards. Entry deadline: due at the Yano Fitness Center issue counter, Tuesday, 17 February, 5 pm. The entry fee is \$200 per team. Mailed applications must be postmarked NLT Monday, 9 February, to CRD, DCA, US Army Garrison Japan, Unit 45006, Sports and Fitness Center, APO AP 96343-5006, ATTN: APAJ-GH-CA-CRS, Mr. Abear. Make checks payable to HONSHU-MWRE For additional information, please call Andy Abear, 263-7980.

• **Intramural Volleyball**

The Camp Zama intramural volleyball season begins on or about 22 March. The entry deadline is Friday, 12 March. Units in the Camp Zama area are eligible to enter teams. Active duty personnel, retirees, DOD/AAFES, family members (18 years of age or older and not in high school), JGSDF, and MLC employees are eligible to par-

ticipate. Individuals wishing to participate and not assigned or attached to a unit or from a unit not fielding a team may enter the player's pool. For more information, please call 263-7980.

• **Beginners Racquetball Tournament**

There will be a Beginners Racquetball Tournament on Saturday, 6 March, 10:30 am, at the Yano Fitness Center. The event is open to all 18 years of age and older and not in high school. There will be men and women divisions for beginners. Divisions will include C and novice players. Please register at the Yano Fitness Center issue counter by Thursday, 4 March, 5pm. Entry fee is \$5 per person. For more information, call Andy Abear,

YOGA CLASS

Hatha Yoga is now being offered on Mondays, 10 - 11:30 am, at the Yano Fitness Center Cardio Room. Meditative Yoga is now being offered on Wednesdays, 5 - 6:30 pm, at the Army Community Service Building. The cost is \$6 per class or \$20 per month (Monday or Wednesday). Sign-up at the Yano Fitness Center front desk or phone 263-4664.

MASSAGE THERAPIST

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Call the front desk at 263-4664 for an appointment. The cost is \$35 an hour or \$25 for 30 minutes.

TANNING BOOTH AND AQUA MASSAGER ARE AVAILABLE FOR USE:

• **Tanning Booth**

\$2.50/visit, \$20 for 10 visits, \$35 for 20 visits

• **Aqua Massager**

\$12 for 15 minutes

AQUATICS

• **Swim Lessons**

February Learn-to-Swim Program (youth and adult swimming classes).

Weekend classes 14 February-13 March; weekday classes 18 February-8 March. **REGISTRATION DEADLINE:** 11 February, close of business. Specific levels and class times listed on flyer. Contact Kimberly Bailes, Aquatics Director (263-5656) for details!

... ATTENTION ...

Yano Pool will be closed 30 January - 10 February for the annual warranty inspection, servicing and cleaning. We apologize for the inconvenience! For questions, please contact Kimberly Bailes, Aquatics Director, 263-5656.

POOL HOURS:

Yano Pool 263-5037, Aquatics Director 263-5656

Monday through Friday,

6 am - 6 pm

Saturday, Sunday, holidays

10 am - 6 pm

(unless otherwise posted)

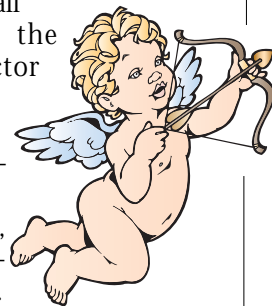
• Pool Party Reservations

If you are considering a pool party please submit a "Pool Party Reservation Request" to the Aquatics Director at the Yano Fitness Center **NO LESS THAN** two weeks in advance of the date being requested. Forms are available at the Yano Fitness Center. Forms can be faxed to you at your request. Open dates can be verified by phone, however, a reservation is not officially accepted until the form has been submitted, the reservation date and time confirmed for availability by the Aquatics Director, availability of staff assessed (for after hours pool parties specifically), and the Aquatics Director approves the request. For more information, contact Kimberly Bailes, Aquatics Director, at 263-5656.

• Training Reservations for Swimming Pool

If you are considering utilizing any of the pools for unit PT, Water Survival Training, or any other structured

training program, submit a "Pool Training Reservation Request" to the Aquatics Director at the Yano Fitness Center. For reservations at the Yano pool, submit your reservation request preferably two weeks in advance but **NO LESS THAN** one week in advance. For reservations at SHA or Depot pools, submit reservation request **NO LESS THAN** two weeks in advance. Forms can be faxed to you at your request. Open dates can be verified by phone, however, a reservation is not officially accepted until the form has been submitted, the reservation date and time confirmed for availability by the Aquatics Director, availability of staff assessed, and the Aquatics Director approves the request. For more information, contact Kimberly Bailes, Aquatics Director at 263-5656.



BIG kahuna

*Open to all SOFA status personnel & their dependents and local national employees.

bench press competition

*For more info, please contact the sports office at 263-4042.

**Weights: 10 am
Competition starts - 11 am
Saturday
7 February**

Men & Women Divisions

**DIRECTORATE OF
COMMUNITY ACTIVITIES**

"SMOKE FREE"

By Executive Order, all MWR facilities are "Smoke Free"

■ Arts and Crafts • 263-4412

(Map location 3)



LIFETIME FITNESS AND RECREATION

See page 12 on more details.

The Crafts Store.

The Crafts Store at the Arts and Crafts Center has many products for your crafts and fine arts needs. Choose from our Washi paper, rubber stamps, ceramic supplies, oil and

acrylic paints, polymer clays, tea boxes, plywood and more.

WOODWORKING

Thursday, 6 - 6:30 pm and Saturday, 10 - 10:30 am. DA 3031, qualification card is issued after the safety orientation. No fee.

FAMILY TIME PROGRAM

Almost any class given at the Arts and Crafts Center can be scheduled for your convenience. Let us program some classes on Wednesday afternoon for you and your family.

SERVICE

• Balloon Shop

Helium filled mylar balloons range

from \$2.75 to \$3.75. Latex of many colors are 75¢ to 85¢. For better service, place your order in advance.

CUSTOM PICTURE FRAMING

All orders are completed on a first come, first served basis. We have a variety of moulding, mat boards, design colors and styles for you to choose from.

PRINT SHOP

• Screen Printing and Heat Transfer Printing

We carry heavy weight 100% cotton t-shirts. We will special order colors, size and style of shirts based on your request. All orders completed on a first come, first served basis.



..... ARTS CLASSES

Woodworking	Thursday	6 - 6:30 pm	No fee
	Saturday	10 - 10:30 am	No fee
Ceramics	Thursday	6 - 8:30 pm	\$5 plus materials
Pottery			
Basic Course	Saturday	2 pm	\$10 plus materials
Advance Course		Appointment only	\$10 plus materials
Framing			
Basic	Wednesday	6 - 8 pm	\$10 plus materials
Advance & Refresher		Appointment only	\$10
Textile Arts	Thursday (1, 2 and 3rd)	5 - 7 pm	\$15
Japanese Dough Art	Friday	2 - 4 pm	\$10 plus materials
Tole Painting	Thursday	3 - 5 pm	\$15

All classes and orientation require registration in advance at the Arts and Craft Center.

INSTRUCTORS NEEDED

The Arts and Crafts Center is looking for Washi paper, Ikebana, Water Color & Acrylic Paint, Stained Glass, Photography, Custom Framers and various arts instructors. For more information, please contact Mr. Nodera at 263-4412.

Valentine's Day Deliveries

"We Deliver" --- Surprise that someone special!!!
 Delivery cost is only \$5 (Zama), \$7 (SHA) and \$10 (Depot)

- Valentine's Cups orders must be placed by COB 11 February
- Balloons orders must be placed by COB 12 February

All deliveries will be made on 13 February

Call your friendly Arts and Craft Center to place your order while supplies last (263-4412)








V

olunteers.

The Auto Craft Shop is always looking for volunteers who have some automotive / mechanical background. Please stop by the shop for more information on how you can give back to the military community. Volunteer application forms may be picked up at the Red Cross Office or the Army Community Service (ACS) building.

■ Auto Craft Shop • 263-3615

(Map location14)

HOURS OF OPERATION:

Monday and Tuesday - CLOSED
Wednesday - Friday
1 - 9 pm
Saturday - Sunday
10 am - 6 pm

PLEASE NOTE:

- Wednesday - Friday clean up starts a half hour before closing.
- Sunday clean up starts one hour before closing.

CLUBS

Anyone interested in starting a Motor Sports Club? There are a lot of racing events happening year round in Japan. Please contact Mr. Frank Bordenave at 263-3615.

SAFETY ORIENTATION

DA 3031-1 Qualifications Card for

use of the Auto Crafts Shop is issued after a safety orientation given daily 15 minutes after opening and again at 5 pm on weekdays. The weekend safety orientation is given 15 minutes after opening and again at 2 pm. This briefing is required before facility use.

The Auto Crafts staff is ready and able to help you on your way to more independent motoring. We encourage you to call or stop by to discuss your vehicle needs. With our support, you will find most basic maintenance is well within your capability. Improve your quality of life and get the satisfaction of doing it yourself while enjoying significant savings.

CLASSES

• Ladies Day

Ladies, have you ever wanted to repair your car but just did not know how? Your Camp Zama Auto Craft is pleased to offer Ladies Day. On 3 December, you will receive personalized instruction and assistance to repair and keep your vehicle in top running shape. The personalized service is free; all you pay is a nominal facility usage fee. Phone 263-3615 for an appointment.

LIFETIME FITNESS

See page 12 on more details.


SERVICES

• Used Vehicle Courtesy Inspection

We offer a 20 point courtesy inspection for soldiers and eligible personnel who are considering the purchase of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying it. We do not make recommendations or give guarantees. Inspections are done by appointment only.

• Towing Service and Roadside Assistance.

We offer a towing service and roadside assistance Wednesday through Sunday. Call for rates and more information.



CLASS NEW

Camp Zama Auto Craft Shop

FEBRUARY SCHEDULE:

11 Feb, 1 - 9 pm	Ladies Day
11 Feb, 4 - 5 pm	Charging System
25 Feb, 4 - 5 pm	Basics of Troubleshooting

In February, there will be a series of automotive classes offered on a variety of subjects. The classes will be held from 4 - 5:30 pm every Wednesday at the Auto Craft Shop or the Community Culture Center. The courses offered will be taught by an ASE certified technician. Please look for the course schedule booklet for class descriptions. This series of instruction is highly recommended for those wanting to know the basics of automotive systems and for those looking for advanced training. Stop by the Auto Craft Center or call 263-3615 to sign up. At the end of the series, all those who have attended four or more of the courses will have an opportunity to drive a racing go-kart.

For more information, phone Frank Bordenave at 263-3615.

CAR WASHES

New car washes are located at
Sagamihara Housing and Camp Zama

PRICES:
Water Wash: ¥300
Soap Wash: ¥500
Wash & Wax: ¥600



LOCATIONS AND HOURS

Camp Zama: Auto Crafts Shop, Bldg 621
Mon - Tue: 8 am - 4:45 pm
Wed - Fri: 8 am - 8:45 pm
Sat - Sun: 10 am - 5:45 pm

Sagamihara Housing Area: 24 hours
Behind the SHA Gym Annex, Bldg S-126

Sagami General Depot: 24 hours
Next to the AAFES Gas Station

Prepaid Cards
¥3,500 for ¥3,000

Prepaid Cards for the "New" Car Washes are for sale at the Zama Auto Craft Shop. The cost is ¥3,000 for ¥3,500 worth of washing! Ask Auto Craft Shop personnel for more information. Avoid the hassle of having to get change.

D

epot Lock
and Leave Self-Storage
Units.

Running out of space?
We've got the solution!
Lock and leave self-
storage units are
available for rent. Rental
fees are: monthly \$50, 6
months \$270, and 12
months \$480.



■ Outdoor Recreation • 263-4671 (Map location 31)

LEAD, FOLLOW, OR GET OUT OF THE WAY!

Ski and snowboards are available on a first come, first serve basis. To guarantee your availability of winter equipment make your reservations at least three days prior to the pick up time. Daily rental fees are: ski set \$16 (includes skies, boots and poles); snowboard set \$18 (includes snowboard and boots). Also, rental ski bibs are available!

CATCH THE BIG ONE!

Dewey Park trout pond. Daily license \$5 (four fish per license); reasonable season pass \$40 (expires July 2004) for 10 daily licenses. Rental poles are \$3 a day and other types of fishing tackle are available.

KARING KENNELS

Phone 263-5915 for reservations and information.



VAN/TRUCK RENTALS

**Best Deal
in town!**

Open 7 days a week!

\$50 per day plus refueling
\$10 per hour - Truck/Cargo Van (3 hours max)

Reservations:

- Active duty personnel at Zama/SHA/Sagami Depot: up to 45 days prior to the pick up date.
- Civilians at Zama/SHA/Sagami Depot : up to 40 days
- All others: 30 days.

Local Tours/Outdoor Recreation

■ Community Cultural Center • 263-3939 (Map location 13)

FACILITY RESERVATIONS

Looking for a place to conduct your training sessions, ceremonies and briefings. The Community Cultural Center is just the place. For more information, call 263-3939.

CLASSES

The Community Cultural Center offers the following instructional classes.

• Piano Lessons

Piano lessons are conducted each Tuesday, Wednesday, Thursday and Friday. Classes are instructed by Ms. Iishi and Ms. Noda. The cost is ¥6,500 per month.

• Violin Lessons

Violin lessons are held on Thursdays and instructed by Ms. Noda. The cost is ¥6,500 per month. Effective 1 February, to 30 June, Ms. Noda's

piano and violin classes will not be conducted. Classes will resume on 1 July. We thank you in advance for your understanding.

• Koto Lessons

Koto lessons are offered each Tuesday and are instructed by Ms. Kawasaki. The cost is ¥8,000 for adults and ¥7,000 for children per month.

• Hula Dance Lessons

Hula dance lessons are held on Mondays and Thursdays and are instructed by Mr. Roger Pueblos. The cost is \$50 per person or \$35 per person for more than one person from the same family.

• Jazz Dance Lessons

Jazz dance lessons are offered each Wednesday and are instructed by Ms. Chilson. The cost is \$35 per month for children 4-6 years of age and \$40 per month for those above

seven years of age.

VIOLIN INSTRUCTOR WANTED

The Community Cultural Center is seeking a violing instructor to teach classes. Interested persons wishing consideration may come by the facility or call 263-3939 for more information.

LIFETIME SPORTS AND RECREATION PROGRAM

(See page 12 on more details).



S

ankeien Garden Plum Blossom Festival and Chinatown.
 Saturday, 21 February
 Depart: 9 am • Return: 5:30 pm
 A: \$23 • Y (6 - 12): \$19 • I (5 and under): \$15 (Garden admission, guide and bus transportation). Sankei-en Garden features an extraordinary variety of vegetation, a three-story pagoda, elegant, antique homes and teahouses. The winter season features some of Kanagawa Prefecture's finest plum blossoms. Next, visit Chinatown, crammed with hundreds of interesting shops and restaurants.

Price Codes, unless otherwise indicated.

A=Adults (13 & up)
 Y=Youths (3-12)
 I=Infants (2 & under)

Prices and schedules are subject to change without notice.

■ Zama Local Tours • 263-4671 (Map location 31)

YOKOSUKA SHOPPING

Sunday, 1 February
 Depart: 8 am • Return: 4 pm
 A/Y: \$6 • I: \$3 (bus transportation only).

Treat yourself to a shopping trip to the Navy Exchange in Yokosuka. The Exchange has an assortment of shops with many of bargains, and the Fleet Recreation Center has a good selection of outdoor and sports gear.

RAMEN MUSEUM AND CHINATOWN

Sunday, 1 February
 Depart: 9:30 am • Return: 5:30 pm
 A: \$22 • Y (6 - 12): \$19 • I (5 & under): \$9 (Ramen Museum admission, guide and bus transportation only).

The Ramen Museum is a unique museum that features the history and how ramen was made. An assortment of various flavors of ramen are on display. After the Ramen Museum, visit Chinatown which has numerous shops and eateries.

ISHIUCHI-MARUYAMA SKI RESORT

Saturday, 7 February
 Depart: 4 am • Return: 9 pm
 A/Y/I: \$29 (bus transportation only).
 The Ishiuchi Ski Resort has 27 courses and a wide range of slopes to choose from, especially for nov-

ice and intermediate skiers. This is one of Japan's finest ski areas; plan to join us.

TABLE WARE FESTIVAL

Sunday, 8 February
 Depart: 9 am • Return: 5 pm
 A/Y: \$12 • I: \$5 (bus transportation only).

The 11th Table Ware Festival will be held at the Tokyo Dome. This is a good opportunity to see the many kinds of tableware made by European and Asian experts. Pottery from throughout Japan will also be displayed and sold.

SUMO TOURNAMENT

Sunday, 8 February
 Depart: 9 am • Return: 7:30 pm
 Tamari Seat: A/Y/I: \$135
 Isu "A" Seat: A/Y/I: \$55
 Isu "B" Seat: A/Y/I: \$29
 (Tournament ticket and bus transportation).

Watch the titans clash at the Sumo Championship in Tokyo! Observe one of oldest traditional competitions still being practiced in Japan today.

IWAPPARA SKI RESORT

Saturday, 14 February
 Depart: 4 am • Return: 9 am
 A/Y/I: \$29 (bus transportation only).
 Iwappara Ski Resort is crested on Mount Iiji and has beautiful mountain ranges located nearby. There are 14 different courses and lifts. A great place to take the family.

ST. VALENTINE'S DAY DINNER CRUISE

Saturday, 14 February
 Depart: 4 pm • Return: 11 pm
 A (18 and up) only: \$180 per couple (dinner cruise, guide and bus transportation).
 Happy Valentine's Day! Spend some quality time reconnecting with your significant other on this dinner cruise. Enjoy a French cuisine dinner during a 140-minute cruise in Tokyo Bay. Enjoy the night view of Tokyo's skyline.

NAEBA OVERNIGHT SKI TRIP
 15 - 16 FEBRUARY
 DEPART: 4 AM (SUNDAY)
 RETURN: 7:30 PM (MONDAY)



Enjoy your holiday with two days of skiing / snowboarding at Naeba, located in the scenic Niigata Prefecture! Naeba caters to all levels of skiers and snowboarders, and has many long runs and challenging courses.

Single Room Adult (18 & up): \$245	Two Person Room Adult (12 & up): \$185 each Youth (4 - 11): \$139 each	Three Person Room Adult (12 & up): \$165 each Youth (4 - 11): \$129 each	Four to Five Person Room Adult (12 & up): \$165 each Youth (4 - 11): \$139 each Child (3 & under): \$55 (no bed, no meals & no lift tickets)
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Cost includes one night accommodation, breakfast and dinner, two day lift ticket, guide and bus transportation.

TOKYO DISNEYLAND/ DISNEYSEA

Monday, 16 February

Depart: 7 am • Return: 10:30 pm

A/Y: \$12 • I: \$9 (bus transportation only).

Both the young and the young-at-heart will enjoy Disneyland's Seven Theme Lands or DisneySea's Seven Theme Ports. Each land and port has unique features with exciting attractions, shops, restaurants and live entertainment.

ENNICHI FESTIVAL AND MINATO MIRAI 21

Saturday, 21 February

Depart: 8:30 am • Return: 6 pm

A/Y: \$12 • I: \$5 (bus transportation only).

First, we'll visit the Ennichi Festival held at the Kawasaki Daishi Temple. The festival will feature many open air stalls selling Daruma dolls, which are said to drive away evil spirits and bring good fortune. Afterward, you will have some free time to explore Minato Mirai 21 District and go shopping or sightseeing.

NEW SANNO BRUNCH AND GINZA

Sunday, 22 February

Depart: 8:30 am • Return: 4:30 pm
A: \$29 • Y: \$19 • I: \$9 (brunch, guide and bus transportation).

After a delicious brunch at the New Sanno, explore Tokyo's fashionable Ginza district. The Ginza features many shops, numerous showrooms, boutiques, department stores and several famous establishments.

INTERNATIONAL ORCHID EXPOSITION

Sunday, 22 February

Depart: 8:30 am • Return: 5 pm

A/Y: \$12 • I: \$5 (bus transportation only).

There will be approximately 8,000 species of orchids from around the world featured at the Japan Grand Prix Orchid Exposition at the Tokyo Dome. The Japan Grand Prix winner and others will be on display

and some events will be held during the Exposition.

KARUIZAWA SKI RESORT

Saturday, 28 February

Depart: 4 am • Return: 9 pm

A/Y/I: \$25 (bus transportation only).

This is a wonderful one-day trip to Karuizawa in Gunma Prefecture. Karuizawa is a resort suited especially for novice skiers, with 50% of the slopes built for beginners. It's a great opportunity to improve your skiing skills.

PLUM BLOSSOM FESTIVAL WALK

(Makuyama Park)

Saturday, 28 February

Depart: 8:30 am • Return: 3:30 pm

A: \$11 • Y: \$9 • I: \$0 (guide and bus transportation).

The plum blossom festival at Makuyama Park in Yugawara consists of about 4,000 red and white plum blossoms trees along a gentle slope, which looks like a large flower carpet. Take a break and enjoy some fresh air surrounded by the gorgeous scenery.

TOKYO TOUR

(Tokyo Tower, Asakusa and Sumida Sunday, 29 February

Depart: 8 am • Return: 5:30 pm

A (16 and up): \$29 • Y (6 - 15): \$25 • I (5 and under): \$15 (tower admission-1st observation, river cruise fee, guide and bus transportation).

Enjoy the view from one of the two observation platforms at the top of Tokyo Tower, one of Japan's world renowned landmarks. On the lower levels of the tower there are many shops for you to visit. Next, visit historic Asakusa and view a large variety of vendors. After sightseeing, enjoy a cruise on the Sumida River.

JAPAN ICE HOCKEY LEAGUE GAME

Sunday, 29 February

Depart: 11 am • Return: ????

Reserved Seat: A/Y/I: \$32

Free Area: A: \$22 • Y (6-12): \$12 • I (5 and under): \$8 (seating and bus transportation only).

Kokdo vs Ohji Seishi, this is the most popular ice hockey game in Japan.



USAG-J CSM Eusebius P. Cadet presents the Hawaii Football Package certificate to SSG Jason Emanuelson. Emanuelson won the certificate at the Grand Prize drawing which was the culmination of "Tuesday Night Football" events at the Zama Community Club from 9 September - 23 December. The package, which was coordinated by MWR and the Commercial Sponsorship Office, includes two roundtrip airline tickets to Hawaii, four nights lodging in a quality hotel, two tickets to the 8 February Pro Bowl Game, tickets to the Tailgate Party prior to kickoff, and \$400 cash for incidental expenses.

Photo credit 78 Signal Bn, Visual Information Division, Ms. Sumreum Massey.

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heater.

Enjoy the free movies brought to you by AAFES and the Torii DCA Division every Friday through Monday starting at 7 pm. Look for schedules in the "Island Market", "This Week on Okinawa" and the monthly "Torii Newsletter".



Torii Station, Okinawa MWR Activities • 644-4703 (Map location 31)

SCUBA LOCKER

The Scuba Locker has all of the latest equipment for the true diver. Visit us and see the always changing line of diving gear being offered. Whether you are a brand new diver, a novice, or you desire to upgrade to the top level of qualification, we have a highly qualified staff available to train you. Check with the training staff to sign up for scuba classes. Did you know that the SCUBA Locker offers free air fills to all ID card holders. Call 644-4795 for class schedules.

AUTO SKILLS CENTER

The Auto Skills Center is available to solve your automotive needs. If you haven't had the opportunity to take advantage of this modern center with the finest equipment available, take the time now. Your auto problems can be resolved with the help of our professionally trained staff of mechanics. You won't find better prices anywhere on the Island.

Let our staff get you ready for inspection. We can't do the inspection but there are many aspects of the inspection, that we can prepare you for. The center is open Thursday, Friday and Monday, 11 am - 8 pm, and Saturday and Sunday, 9 am - 6 pm. The center is closed Tuesdays and Wednesdays.

ARTS AND CRAFTS

If you are a new arrival to the Army community, stop in and browse around and you will discover a staff of MWR professionals waiting to serve you. As always, the popular framing and matting classes are available for all military patrons and family members. The woodworking and ceramics departments are also available for your use. Call 644-4403 Monday, Thursday and Friday from noon-8 pm, or visit us at Bldg. 240 near the main gate.



Torii Station Coral Cove Club

"SUPER BOWL PARTY"

MONDAY, 2 FEBRUARY

Game Starts at 8 am

- FREE breakfast in the lounge starting at 6 am
- Many door prizes to be given away at halftime

Thanks to our sponsor, **Coors Brewing Company**, for supporting this event and the Torii Station Community

The GRAND PRIZE drawing will be held immediately after the game.

THE GRAND PRIZE

- 2 Round Trip Tickets to Tokyo
- 4 Nights Lodging at Camp Zama (1-5 April during the Cherry Blossom Festival)
- \$200 cash for incidental expenses

.....For further information, phone 644-4256.....

Sponsorship does not imply endorsement by the U.S. Government.

Directory of MWR Facilities & Additional Activities

DIRECTORATE OF COMMUNITY ACTIVITIES

263-7611

Army Community Services Branch

- **Army Community Services** 263-8327
 - Mon, Wed & Fri 0730-1630
 - Tue & Thu 0730-1730

ZAMA Golf Club

- Administrative Office** 263-4224
263-4966

(All the following golf activities are open during lunch.)

- Course/Starter** 263-4975
 - Mon-Fri 0800-Dark
 - Sat, Sun & Hol 0700-Dark

- Restaurant** 263-4328
 - Mon-Fri 0630-1700
 - Sat, Sun & Hol 0600-1700

- Pro Shop** 263-5284
 - Mon-Fri 0715-1500
 - Sat, Sun & Hol 0615-1500

- Driving Range** 263-4565
 - Tues-Sat 1200-2030
 - Mon (No Attendant) 1200-2030
 - Sun 1600-2000

- Bar**
 - Mon-Fri 1100-1700
 - Sat, Sun & Hol 0615-1700

- Chip Inn & Snack Stand**
 - Mon-Fri 0745-1530
 - Sat, Sun & Hol 0730-1530

Community Operations Division

- **ADMINISTRATIVE OFFICE** 263-4452
263-5614

- **BOWLING CENTER ZAMA** 263-4780
 - Mon - Wed & Sat 1100-2000
 - Thu & Fri 1100-2230
 - Holidays 1100-1700

- **BOWLING CENTER DEPOT** 268-4954/4606
 - Tue - Sat 1100-2000
 - Sun - Mon Closed

- **ZAMA COMMUNITY CLUB** 263-4133

- Lunch**
 - Tue-Thu 1045-1315
 - Sunday Brunch 1000-1330

- Cashier & Game Rooms**
 - Sun-Thu 1000-2300
 - Fri 1000-0230
 - Sat 1000-0330

- Catering** 263-4204
 - Tue, Thu & Fri 0930-1730
 - Wed Appts Only

- Café Roberto**
 - Tue-Thu & Sun 1100-2200
 - Fri 1100-0100
 - Sat 1100-0100

- Cornerstone Game Room (no bar)**
 - Tue-Thu & Sun 1000-2300
 - Fri 1000-0330
 - Sat 1000-0230

- Eda's Seafood & Filet**
 - Thu & Sun 1700-2100
 - Fri & Sat 1700-2200

- Firelite Lounge**
 - Sun, Tue-Thu 1630-2300
 - Fri 1630-0330
 - Sat 1900-0230

- USA Dining Room**
 - Tue, Thu & Sun 1700-2100
 - Wed Closed
 - Fri-Sat 1700-2200

- **HOB NOB INN** 267-6372

- Lounge & Game Room**
 - Mon, Tue & Thu 1630 - 2100
 - Wed 1630 - 2300
 - Fri 1630 - 0100
 - Sat 1900 - 0100
 - Sun Closed

- Restaurant (Closed)**

- **SAGAMI LOUNGE** 268-4954

Take Out 268-4142

Lunch Mon-Fri 1100-1300

Dinner Tue-Sat 1700-2000

Lounge/Game Room

Tue-Thu 1100-2200

Fri 1100-2400

Sat 1630-2300

Open during lunch

Community Recreation Division

- **ADMINISTRATIVE OFFICE** 263-7935

- **ARTS & CRAFTS CENTER** 263-4412

Mon-Tue Closed

Wed-Thu 1300-2100

Fri, Sat & Sun 1000-1800

Open during lunch

- **AUTO CRAFTS SHOP** 263-3615

Mon-Tue Closed

Wed-Fri 1300-2100

Sat-Sun 1000-1800

- **COMMUNITY CULTURAL CTR** 263-3939

Mon-Fri 0900-2045

Sat, Sun & Hol Closed

Open during lunch

- **INTERNATIONAL TOURS** 263-5273

Mon-Fri 1000-1800

Open during lunch

- **LIBRARY** 263-3517

Zama

Mon-Thu 1000-2030

Fri- Sun & Hol 1000-1800

Open during lunch

Depot 268-4523

Tue-Thu 1000-1800

Fri & Sat 0900-1700

Sun, Mon Closed

Open during lunch

Sagamihara 267-6603

Tue-Thu 1000-1900

Fri-Sat 0900-1800

Sun, Mon & Hol Closed

Closed for lunch 1400-1500

- **OUTDOOR RECREATION** 263-4671

Vehicle Rental/Equipment Rental

Mon-Fri 0900-1730

Sat-Sun 0800-1600

Holidays 1000-1400

Open during lunch

Local Tours 263-4671

Mon-Fri 0900-1730

Holidays 1000-1400

Open during lunch

Animal Boarding Kennels 263-5915

Mon-Fri 1000-1700

Sat-Sun, Holidays 1000-1600

Closed for lunch 1230-1330

- **POOLS** 263-5656

YANO

Mon-Fri 0530-1800

Sat-Sun, Holidays 1000-1800

SHA

Mon-Sun 1200-1800

DEPOT

Wed-Sun 1200-1800

- **SPORTS/FITNESS CENTER** 263-4664

Zama

Mon-Fri 0530-2030

Sat-Sun, Holidays 1000-1800

Open during lunch

Sagamihara

Open 24 hours

Depot 268-4729

Mon-Fri 1100-2000

Sat & Sun 1000-1700

Open during lunch

Child and Youth Services Branch

- **ADMINISTRATIVE OFFICE** 263-5701

- **Child & YS Coordinator** 263-8086

(All the following CDC facilities are open during lunch.)

Central Registration 263-4743

Mon-Fri 0730-1630

Depot Dev Group Home 268-4625

Mon-Fri 0830-1730

Sagamihara CDC 267-6564

Mon-Fri 0530-1800

Zama CDC 263-4992

Mon-Fri 0530-1800

YOUTH SERVICES

Depot Youth Center 268-4625

Zama Youth Center 263-4500

Mon-Thu 1430-1930

Fri-Sat 1200-2100

Sun Closed

School Age Services (SHA) 267-6317

Mon-Fri 0630-1800

Youth Sports 263-5437

Tue-Sat 0900-1800

Open during lunch

Services Division

- **ADMINISTRATIVE OFFICE** 263-5962

Zama Lodging

- **ADMINISTRATIVE OFFICE** 263-3293

Reservation Desk 263-2775

Front Desk 263-3830

Open 24 hours/7 days a week

USAG-J Okinawa MWR

- **DIRECTOR COMMUNITY ACTIVITIES** 644-5396

- **ARMY COMMUNITY SERVICE**

Director 644-4110

Receptionist 644-4175

Relocation Coordinator 644-4385

Outreach/Volunteer Coordinator 644-4116

Finance/Consumer Affairs/AER 644-4378

School Liaison Officer 644-4908

Family Advocacy 644-4106

AF TB / AFAP Manager 644-4743

- **ARTS & CRAFT CENTER** 644-4303

Lobby 644-4706

- **CORAL COVE COMMUNITY CLUB**

Business Manager 644-4894

Lounge 644-4306

Cashier Cage 644-4426

Kitchen 644-4505

- **LIBRARY** 644-4468

Staff Room 644-5335

- **MARKETING** 644-4703

Commercial Sponsorship 644-4495

Graphic/Illustration 644-4665

- **MOVIE THEATER** 644-4381

- **SPORTS/OUTDOOR REC** 644-4144

Customer Svc/Pavilion Rental 644-4334

Sports Specialist 644-4797

Event Coordinator 644-4169

Swimming Pool 644-4389

Scuba Locker 644-4795

Retail Sales 644-4290

Equipment Issue 644-4263

Parks, Picnic & Beach 644-4698

Kure Harbor Club

- **MWR Office** 0800-1630 256-2580

256-2581

- **Outdoor Recreation** 0900/1700 256-2575

- **Dining Room**

Mon-Fri (Breakfast) 0700-0830

Mon-Fri (Lunch) 1130-1300

Tue-Sat (Dinner) 1630-2000

Bar

Mon 1630-2000

Tue-Sat 1630-2200

- **PX / CLASS 6**

Mon-Fri 0900-1730

Sat 1130-1530



Saturday
28 FEB
.....
9 am - 5 pm



Sunday
29 FEB
.....
9 am - 4 pm

